

Adult & Teen Karate

RKA Family Karate offers martial arts programs for teens & adults 13 and up. We offer classes in traditional Okinawan Kempo, Modern Arnis (Philipino stick fighting), Small Circle Ju-jitsu and Torite Jutsu (pressure point grappling). The program we offer to the adults has been taught to police departments and S.W.A.T teams. The techniques we teach have been field-tested. They are taught to you in a safe and controlled environment. **Classes are held: Mondays 7:00-7:30pm; Tuesdays 7:00-7:30pm; Wednesdays 7:00-7:30pm; Thursdays 7:00-7:30pm; Fridays 6:30-7:00pm & Saturdays 11:00-11:30am.** All classes are 8 weeks long and cover our beginners Basic Training Course (BTC) material. Cost: \$70 for one class a week or \$125 for two classes a week. Participants are required to purchase a uniform for \$30 (this is a discounted price for our Bridgewater-Raritan residents, a 40% savings!). All checks made payable to "RKA Family Karate".

Cardio Kickboxing

Cardio Kick Boxing is an incredible workout. Using the punches of boxing, and the kicks of karate you get a workout that is second to none. Our classes are split between rhythmic cardio, resistance training on the heavy bags and floor work. Cardio Kick Boxing will get you into fantastic shape burning hundreds of calories an hour while you learn proper form for kicking and punching. **Our classes are offered mornings on Monday/Wednesday/Friday 9:30-10:30am and Saturday 8:00-9:00am. Our evening classes are offered on Tuesday/Thursday 8:30 - 9:30pm.** Our 8 week session costs only \$60 for unlimited classes (Gloves and wraps are an additional \$30 you will need these for the bag work). All checks made payable to "RKA Family Karate".

Please note:

1. These are trial programs and can only be used once.
2. If we need to close for a day that you usually attend classes, you can make up your class by choosing a different day or by adding a week to your session.

Session 1 August 14 – October 7, 2006

Session 2 October 9 – December 2, 2006

Session 3 December 4 – January 27, 2007

All classes will be held at RKA Family Karate located at 1337 Prince Rodgers Avenue in Bridgewater.

For more information about RKA Family Karate visit www.rkafamilykarate.com.

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the "REC" mailbox located around back of Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

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Bridgewater Recreation Fall/Winter 2006/2007

checks payable to "RKA Karate"

Adult & Teen Karate/Cardio Kickboxing

Last	First	Circle
Name: _____	Name: _____	Gender: Male or Female
Mailing		
Address: _____	Town: _____	Zip: _____
Home	Work	
Phone #: () _____	Phone #: () _____	
Cell	E-mail	
Phone #: () _____	Address: _____	

Check appropriate Session:

- ☐ Session #1 (August/October)
☐ Session #2 (October/December)
☐ Session #3 (December/January)
 If signing up for more than one person, please use separate checks and forms.



Adult Karate

\$70 for one day / \$125 for two days

- | | |
|--|---|
| <input type="checkbox"/> Monday 7:00-7:30pm | <input type="checkbox"/> Thursday 7:00-7:30pm |
| <input type="checkbox"/> Tuesday 7:00-7:30pm | <input type="checkbox"/> Friday 6:30-7:00pm |
| <input type="checkbox"/> Wednesday 7:00-7:30pm | <input type="checkbox"/> Saturday 11:00-11:30am |



Cardio Kickboxing

Please indicate days planning to attend for better programming. \$60 for unlimited classes!

- | | |
|---|--|
| <input type="checkbox"/> Monday (am) | <input type="checkbox"/> Tuesday (pm) |
| <input type="checkbox"/> Wednesday (am) | <input type="checkbox"/> Thursday (pm) |
| <input type="checkbox"/> Friday (am) | <input type="checkbox"/> Saturday (am) |

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Participant Signature _____

Date _____

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